

Dr. Nicole Linardi, LMHC, NCC

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EDUCATION

Doctorate in Marriage and Family Therapy

Graduated July 2020

Nova Southeastern University

Applied Clinical Project: *An Action Research Study: The Development and Implementation of "The Talk" Parent Workshop for Hispanic Families Facing Multigenerational Childhood Sexual Abuse Utilizing a Bowen Systems Lens*

Master of Science, Mental Health Counseling

June 2015

Nova Southeastern University

Grade Point Average: 3.9

Bachelor of Arts, Communication Sciences and Disorders

May 2010

University of Florida

Including 25+ credit hours of clinical observation work, over 500+ hours of clinical work

PROFESSIONAL EMPLOYMENT

Adjunct Professor

December 2022- Present

MACP Program, Yorkville University, *Toronto, Canada*

- Adjunct Faculty in the Master of Arts in Counselling Psychology (MACP) program
- Teach undergraduate courses
- Provide advisement and mentoring to students
- Utilize technology in teaching, including Canva, Blackboard, Moodle and Brightspace for courses

Supervisor: Dr. Theresa Zolner, R. Psych, Associate Chair, MACP Program at YU

Courses taught: (all online)

PSYC6233: Assessment in Counselling (Asynchronous)

PSYC6213: Research Methodology (Asynchronous)

PSYC6223: Group Counselling (Asynchronous)

PSYC6263: Couples and Family Systems (Asynchronous)

PSYC6273: Cultural Diversity in Counselling (Asynchronous)

PSYC6383: Crisis and Trauma Counselling (Asynchronous)

PSYC6246: Counselling Skills and Competences (Synchronous)

PSYC6256: Applying Interventions (Synchronous)

PSYC6163: Counselling Methodologies (Asynchronous)

Clinical Director & Owner

December 2020- Present

Linardi Therapy Services, *Plantation, Florida*

- Private Practice, established therapeutic alliance with the client and family
- Treat individuals, teens, couples and families experiencing life adjustments, anxiety, depression and career changes.

Therapist/Social Worker

January 2020- August 2020

University Hospital, *Tamarac, Florida*

- As a mental health care provider, I was able to co-create individualized treatment plans and programs including detox services, a Partial Hospitalization Program (PHP) and an Intensive Outpatient Program (IOP).

Therapist

April 2020- December 2020

CMC Therapy, *Davie, Florida*

- Group Private Practice, established therapeutic alliance with the client and family
- Provide individual therapy to clients diagnosed with variety of presenting problems including Anxiety, Depression and Adjustment Disorders

Family Therapist in Stop Abuse Family Empowerment (S.A.F.E.) Kids Program

August 2017- December 2020

Center for Family Services of Palm Beach County, Inc., *West Palm Beach, Florida*

Supervisor: Claudia Herrera, LMFT (on-site)

Supervisor for licensure: Tania Hamilton, LMHC

- Experience treating child victims of sexual abuse, their non-offending caretakers, and siblings to the victims.
- As the therapist, who reported to the Director of Clinical Services, treated children who have been sexually abused or who are sexually reactive.
- Offered specialized treatment for children and adults who were impacted by sexual abuse, physical abuse, domestic violence, sex trafficking and violent crimes.
- Trained and practiced various evidenced based and empirically supported treatments such as Trauma Focused- Cognitive Behavioral Therapy (TF-CBT), Cognitive Behavioral Therapy (CBT), Solution Focused Therapy and Narrative Therapy

Adjunct Therapist

September 2015-August 2016

The Watershed Addiction Treatment Program, *Boca Raton, Florida*

Supervisor: Jennifer Tieche, LMHC

Completed 1,700+ clinical hours (direct and indirect)

- Led group psychotherapy and individual sessions for dual diagnosis treatment/rehab facility for addictions
- Experience in intake assessments, bio-psychosocials, discharge planning, treatment plans and family sessions
- Facilitated domestic violence, relapse prevention, female and male trauma, spirituality and anger management groups to provide psychoeducation and increase insight into maladaptive coping mechanisms
- Conduct phone intakes and refer clients to appropriate resources based on individual needs
- Maintain progress notes for all clients to ensure proper documentation of session content and interventions

Social Work/Therapist Intern

August 2014- August 2015

Aventura Hospital & Medical Center, *Aventura, Florida*

Supervisor: Pamela Pollack, LCSW

- 56- bed inpatient behavioral health facility (Acute inpatient unit, General psychiatric inpatient unit and Inpatient treatment center at Sunrise Palms)
- Sunrise Palms provided a unique treatment setting for individuals in Miami-Dade County who were experiencing mood, anxiety or co-occurring disorders, such as substance abuse issues with mental health conditions.
- As a mental health care provider, I was able to co-create individualized treatment plans and programs including detox services, a Partial Hospitalization Program (PHP) and an Intensive Outpatient Program (IOP).
- Areas of expertise included biopsychosocial, treatment plans, treatment reviews, discharge planning, admission, baker act/ACHA forms for patients admitted into the BHU.
- Led group psychotherapy sessions, family sessions, individual sessions in a Baker Act receiving facility
- Created Group psychotherapy curriculum manual for all four units

Speech Language Pathologist Assistant

August 2012- June 2013

Caring & Sharing Learning School, *Gainesville, Florida*

Supervisor: Amy Tomlinson, M.A. CCC-SLP

- Contract- based speech-language pathologist providing diagnostic and therapeutic services in a charter elementary school setting.
- Areas of expertise included articulation/phonology disorders, fluency and language disorders.

- Caseloads included developmental delays, reading disabilities, autism spectrum disorders, auditory/language processing disorders, phonological/articulation disorders, handicapped and bilingual Spanish/English population

Speech Language Pathologist Assistant

August 31, 2010- June 2013

Fundamental Therapy Solutions, *Gainesville, Florida*

Supervisor: Amy Tomlinson, M.A. CCC-SLP

- Treated moderately to profoundly speech-language impaired children in an outpatient clinic
- Caseloads included developmental delays, reading disabilities, autism spectrum disorders, auditory/language processing disorders, phonological/articulation disorders, handicapped and bilingual Spanish/English population

LiPS Summer Camp Group Leader

June - August 2012

Einstein Montessori School & Fundamental Therapy Solutions, *Gainesville, Florida*

Supervisor: Amy Tomlinson, M.A. CCC-SLP

- Participated and lead social pragmatics groups, and daily intensive reading and language groups that included children with social, behavioral, academic and emotional disabilities
- Used Visualizing & Verbalizing and Lindamood Phoneme Sequencing program to enhance and improve weak reading, spelling and comprehension skills

Language Therapist

May-August 2011

The Morris Center, *Gainesville, Florida*

Supervisor: Dr. Tim Conway

- Participated in multidisciplinary team-approach to pediatric and adolescent rehabilitation of receptive/expressive language delays and impairments, oral-motor deficits, phonological and articulation disorders in outpatient setting
- Used Visualizing & Verbalizing®, LiPS® and Talkies® program, also assisted in “Play Therapy”

TEACHING EXPERIENCES

Teaching Assistant

Marriage and Family Therapy Program

April 2019- July 2019

Nova Southeastern University, *Davie, Florida*

Primary Instructor: Dr. Kara Erolin, PhD

- SFTM 6550: International Perspectives in Counseling and Therapy
- Assisted with teaching 15 Marriage and Family Therapy Master’s students
- Developed and taught lectures, graded writing assignments, discussion boards and quizzes

English Teacher

June 2013- April 2014

TALK School of Languages, *Aventura, Florida*

Supervisor: Monica Caponi

- Taught TOEFL, ELL, ESL preparatory courses to international students on student visas (I-20 & F-1)
- Handled classrooms of 20 students, private one-on-one tutoring, & conversational classes

Speech Teacher

August 16, 2010- June 2013

Einstein Montessori Charter School, *Gainesville, Florida*

Supervisor: Christine Aurelio and Amy Tomlinson, M.A. CCC-SLP

- Provided diagnostic and therapeutic services to 2nd through 8th grade students in a public charter school
- Developed and implemented Individual Education Plan and participated in IEP staffing and various aspects of RTI process. Used current State of Florida admission criteria guidelines for the language or speech impaired program

GRADUATE/RESEARCH EXPERIENCES

Lead Researcher

January 2019- June 2020

Applied Clinical Project

Nova Southeastern University, *Davie, Florida*

Chair: Dr. Tommie Boyd & Reviewer: Dr. Ron Chenail

- Lead Researcher, Title: Hispanic Families Facing Sexual Abuse Via: “The Talk” Parent workshop
- Purpose: This training aims to use Bowen’s Multigenerational approach via the Genogram in order to educate parents about sexual abuse in their own family systems. This approach will help increase awareness and thoughtfulness in regards to preparing for further talks about puberty, sex, and sexual safety in a Hispanic family system, primarily where sexual abuse has been present in numerous generations.

Graduate Assistant

January- April 2019

Nova Southeastern University, *Davie, Florida*

Advisor: Dr. Tommie Boyd, PhD

- Responsible for collecting data and creating an organizational system for Search Committee process

Supervision Assistant

August 2018- June 2020

Brief Therapy Institute at Nova Southeastern University, *Davie, Florida*

Supervisor: Dr. Tommie Boyd & Dr. Christopher Burnett

- Assisted with live supervision and case consultation experience with master’s and doctorate level clinicians learning systemic therapies.

Einstein Montessori School

May 2012

Research Assistant, Gainesville, Florida

- Responsible for collecting data and creating a database spreadsheet for LiPS programs

Volunteer Experience

Secretary, Doctorate Family Therapy Club

August 2016- July 2019

Nova Southeastern University, *Davie, Florida*

- Developed relationships with peers, professors and community in order to engage doctoral students with community based and student needs
- Volunteered in the community (Fed the homeless at Broward Outreach)
- Planned university and community events for students and the public (Friendsgiving, self-care events on campus and end of the year event for doctoral students)

Community Outreach Team Leader

January 2008 – June 2013

Children Beyond Our Borders, *Gainesville, Florida*

Supervisor: Angela Trujillo-Suarez, MBA

- Developed relationships with community leaders and served as a mentor to the Community Outreach Team while working as a liaison between the student chapter at UF and the NPO
- Prepared and edited organizational publications for internal and external audiences
- Coordinated fundraiser to raise \$17,000 for vocational education program, “Nuevos Horizontes”

Education Workshop Volunteer

May 2010, August 2008 & 2011

Crossing Borders Service Trip, *Colombia*

- Designed and implemented educational and academic workshops for local internally displaced youth living in orphanages in Medellin and Cartagena, Colombia about reading, mathematics and conflict resolution activities
- Partnered with local organizations such as Granitos de Paz and churches in order to implement specific workshops tailored to our population of youth

Board Member, Association of Hispanic Alumni

October 16, 2010- May 2011

University of Florida, *Gainesville, Florida*

- Promoted, fundraised and planned main event “Guayabera Guateque” which raised \$250,000 for scholarships to support Hispanic students pursuing a college degree

Educational Mentor

January 2010- May 1, 2010

Proyectos De Libros de Familia, *Newberry, Florida*

- Brought bilingual/multicultural children's literature into the homes of migrant, farm working families, while providing care and assistance to children and their caretakers

Volunteer

May 2010

New Creation Fellowship Church, *Gainesville, Florida*

- Responsible for aiding primary teachers and implementing curriculum to prekindergarten/ VPK students

Awards and Honors

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| • Delta Epsilon Iota, Academic Honor Society | Inducted April 20, 2015 |
| • Florida Bright Futures Scholarship Recipient | August 2008- May 2010 |
| • Pell Grant Recipient | August 2008- May 2010 |
| • Dean's list at UF (four semesters) | 2008-2010 |
| • Visualizing & Verbalizing Intensive Training Program Certificate | 2010 |
| • Yorkville President's Award for Teaching Excellence (Nominated- <i>In progress</i>) | 2026 |

Trainings & Certifications

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| • Lindamood Phoneme Sequencing Program Training | 2010 |
| • G. Paul Moore Symposium, Student Attendance | 2009 & 2010 |
| • Speech Language Pathologist Assistant Certificate, Florida Public Health, | 2010- 2015 |
| • Professional Educator's Certificate, Grades K-12 (Speech Language Impaired) | August 2010-May 2012 |
| • Associate Member, American Speech-Language Hearing Association | 2011- Present |
| • Low Pressure Sequencing Strategies for Apraxia Certificate | June 2012 |
| • Behavior Strategies Training | July 2012 |
| • Stress Related Disorders Certificate, 6 hrs of completion | October 2012 |
| • Complementary Interventions for Autism, Asperger's, Sensory & ADHD | Dec 2012 |
| • American Heart Association (CPR, AED, First Aid Certification: Child, Infant and Adult) | April 2014- April 2016 |
| • Baker Act Training | March 2015-2016 |
| • CPI Training (Expires 9/2015) | |
| • Relational Suicide Assessment (RSA): Risks, Resources and Possibilities for Safety, (4 hours) | October 21, 2016 |
| • Creative Counseling for Couples Using the Integrative Model (2 hours) | January 26, 2017 |
| • International Family Therapy Association Conference, Malaga, Spain | March 15-19, 2017 |
| • Commercially Sexually Exploited Youth: The Importance of Awareness, Identification and Treatment Across a Continuum of Care to Meet the Needs of These Vulnerable Youth | October 19, 2017 |
| • Relational Suicide Assessment: Risks, Resources and Possibilities for Safety | September 21, 2018 |
| • Two-Day Introductory Collaborative Divorce Training | January 4 & 5, 2019 |
| • Psychological First Aid Certificate (6 hours) | April 30, 2019 |
| • When NO is Not Enough: Information on Teen Sexual Assault Certificate (1.5 hrs) | April 30, 2019 |

- Assisting Commercially Sexually Exploited Youth in the Juvenile Justice System (1.5 hrs) April 30, 2019
- Trauma Focused Cognitive Behavioral Therapy (TF-CBT) (16 hours) May 30 & 31, 2019
- Gottman Level 1 Training, *Raleigh, North Carolina* (12 hours) November 9-10, 2019
- Gottman Level 2 Training, *Miami, Florida* (20.25 hours) December 13-15, 2019
- Certified Clinical Trauma Professional (CCTP) Intensive Training Course (in progress) May 2020
- Esther Perel's Forbidden Conversations (Sex, Death & Money) November 7, 14, 21, 2020
- SYMBIS Certified October 2021
- Esther Perel's Sessions Live 2021: "The Great Adaptation" November 6, 13, 20, 2021
- Gottman: Bringing Baby Home Certification (*In progress*) 2025- Present
- Empowering Therapists July 2026- Present

Professional Affiliations

- American Association for Marriage and Family Therapy August 2017- Present
(Allied MHP Member, Pre- Clinical Fellow)
- Broward Association for Marriage and Family Therapy Present
- Member, International Family Therapy Association 2017- Present
- Member, Counseling Student Organization, NSU December 2013- 2016
- Member, UF chapter of the National Student Speech-Language-Hearing Association 2008-2010
- Member, UF Colombian Student Association 2008-2010
- Member, UF Hispanic Student Association 2008-2010
- Member, UF Children Beyond Our Borders 2008- 2010

Language Proficiency

- Fluent in Spanish
- Conversational French

Professional Licenses

- **Licensed Mental Health Counselor**, Florida June 2018- Present
License Number: MH 16052
- **National Certified Counselor (NCC)** November 2018- Present
- **AAMFT Approved Supervisor (171356)** August 25, 2020- Present

Presentations & Publications

- Linardi, N., Herrera, C. (2021, June). *A Nonprofit's Transition to Teletherapy Due to the COVID-19 Crisis: Learning How to Adapt | Journal of Systemic Therapies*. Fort Lauderdale, Florida.
- Linardi, N. (2020) *Navigating the Holidays*, Nova Southeastern University.
- Linardi, N., & Caprio, C. (2020, December). *Home for The Holidays E-Book*. Davie, Florida.